

Energy Conservation

Following a brain injury many people find that they have less energy than before. Everyday situations that require physical, cognitive and/or emotional stamina may be exhausting. Energy conservation is about being smart with your energy resources.

If you think about your energy resources as being similar to money in a bank account then you will understand 'energy conservation' is similar to being on a budget. You manage your energy by making deposits and withdrawals based on your requirements. If you empty your energy bank account by noon then you will not have enough to do all that you need to do in a day.

Here are some suggestions to help you balance your energy budget:

1. Save your energy

- Make a list of what you need
- Gather the items you need before you start
- Use good lighting and appropriate workspace
- Limit distractions and avoid clutter.
- Sit to work
- Push rather than lift things. Use a wheeled cart or dolly to carry things

2. Restore your energy

- Try to include activities in your day that bring you pleasure and add to your energy bank
- For example set aside time to read an interesting book, talk with an upbeat friend or family member on the phone, listen to music and find a way to be playful or laugh

3. Use your energy wisely

- Plan
 - Take time each evening to review the day and plan out the next day
 - List activities and tasks that need to be done. Remember to include rest breaks
 - Take time each week to plan out the next week
 - Spread heavier tasks out over the week. Do harder tasks when you are most rested
- Pace
 - Give yourself plenty of time to do each task
 - Balance activities with rest breaks. Rest before you are tired
 - Break up a large task by doing a little each day.
 - Alternate between heavy and light tasks and between physical and cognitive demands
- Priorize
 - Decide what is most important
 - Ask or allow other people to help you when possible
 - Be sure to include activities you enjoy doing